



TRACK & FIELD

REVISED 03/28/13

RULES AND REGULATIONS FOR BOYS' & GIRLS TRACK & FIELD

I. COMPETITION

- A. The track and field events for dual meets and conference meets will be in the same order as published by MHSAA.
- B. In dual meets, each school may enter three (3) contestants per event for the varsity. In conjunction with the varsity meet, exhibition heats may be held if agreed to by the opposing coaches.
- C. The home school is responsible for providing starters and workers.
- D. At the division meet each school will furnish three workers if needed.
- E. Entries for division meets will be submitted on the date established by the meet manager.
- F. Scoring in each division meet will be in accordance with the national federation handbook.
- G. In accordance with MAC Athletic By-Laws, Article XI, Letter E., seniors may not participate on a JV team unless previously approved by a vote of all member schools.
- H. If a host school cannot offer pole vault, it may schedule the event for points at the visitor school site on the day prior to the meet. The administration of both schools should be informed of the arrangement. If weather does not permit holding the event, and the meet is run, pole vault will then be made up at a later date unless both schools agree not to do so.
- I. It is the responsibility of the head coaches to identify their varsity competitors prior to the start of each event.
- J. The following standards will apply in all MAC track competitions:
 1. Pole vault: starting height for boys, 8'0'', and girls, 6'0'', with six (6) inch raises until three remain, then three (3) inch raises.
 2. High jump: starting height for boys, 5'0'', and girls, 4'0'', with three (3) inch raises until three remain, then one (1) inch raises.
 3. *Each division will determine the starting heights for the pole vault and high jump for the division meet. The meet manager will coordinate this task by May 15th.
 4. *Long jump: open order with 1.5 hour time limit, or four (4) jumps.
 5. The Division meet will be held the week after the Regional meet.
 6. Shot put and discus: each contestant will have two (2) sets of two (2) attempts, for a total of four (4).
 7. Order of events: Even years, boys run first; odd years, girls run first.
 8. Order of field events:
Even years: girls' high jump, pole vault and shot put, and boys' discus and long jump first.
Odd years: boys' high jump, pole vault and shot put, and girls' discus and long jump first.



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II. SCHEDULING

- A. Dual meets will be held on Tuesdays and Thursdays at 4:00 P.M. Alternate starting time may be arranged by competing coaches. Meets delayed will be made up at the next available date
- B. A schedule will be drawn for a single round-robin in each division.
- C. A 2-year schedule will be established. In the second year of the 2-year schedule, the home and away contests will be opposite those in the first.

III. AWARDS

- A. A dual meet plaque will awarded to the champion in each division, and certificates given to the championship team members.
- B. A division meet will be held, and a plaque given to the championship team.
- C. In the division meet, medals will be given to athletes who place first through sixth in individuals events, and first and second in relays.
- D. In each division, one male and one female MVP will be selected by a vote of the Coaches at the post season MAC meeting. The MVP must be a member of the MAC All Conference Team.
- A. Each sport will honor an All-academic team. All varsity athletes who earn a GPA of 3.0 or higher during their season of competition will receive a certificate. Spring sports will use the third or fourth quarter grades to compute the GPA.

Refer to the Athletic Commission By-laws for clarification regarding the following:

1. pre and post-season coaches' meetings
2. division alignments